

Are your patients at risk from eating fish?

Tips for Patients



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Advise pregnant women, those who may become pregnant, nursing mothers and young children not to eat seafood caught from New Bedford Harbor (see closed areas map on reverse).

Advise women of child bearing age that they can safely eat 12 ounces of cooked fish per day from a store or restaurant.

For more information, call the U.S. Environmental Protection Agency at 1-888-372-7341 ext.81403



PCB Facts

New Bedford Harbor is heavily contaminated with PCBs.

Eating largeamounts
of fish or shellfish
containing PCBs may cause
adverse health effects
including: liver and immune
system damage; neurological,
developmental and reproductive effects; and cancer.



Fish Smart—Use this Chart



Don't eat any fish



Don't eat any lobster



Don't eat any shellfish



Don't eat any bottom fish:

- flounder tautog scup
- eel

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